

## The 'MAD' Game

**M**indless **A**utomatic **D**aily Routines  
**Activity with Nothing much for your Mind to do**

Waking Up  
Getting Up  
Washing  
Dressing  
Eating/Drinking  
Driving/Moving Around  
Standing/Sitting  
Telephone calls/Receiving/Making  
Computer time  
Meeting/Talking with Others  
Reading  
Sleeping

**Each activity provides Wind-Up Time.**  
**Time for your Mind to play havoc with you,**  
**to wind you up creating Stress, Anxiety and Tension.**

# Tension-Stress-Anxiety → Release Cycle



**Use each routine activity as a reminder to practice the Release Cycle**

## Start as You Mean to Go On

**Instead of continuously scoring points for Tension, Stress, and Anxiety  
with every MAD activity,  
Make sure you notice what is going on.**

**Just pause for a moment**

**NOTICE and BE AWARE of Your **Breath**, NOTICE and BE AWARE of Your **Body**,  
NOTICE and BE AWARE of Your **Mind**.**

**and in that moment, on the out breath....**

**Let go of all the stress your Mind is storing up for you.  
Let it completely drain away from you.**

**Begin before you get out of bed, and stay there for a few minutes until  
you have calmed and prepared yourself ready for the day.**  
**Throughout the day, each time you check in, you will not be scoring  
points for stress, so much as Releasing Stress before it even gets started.**